

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Volunteering Produces Health Benefits

Research suggests that volunteering is particularly beneficial to the health of older adults and those serving 100 hours annually. According to the report:

- ◆ A study of adults age 65 and older found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment and individual gains from his or her volunteer activities.
- ◆ Another study found that volunteering led to lower rates of depression in individuals 65 and older.
- ◆ A Duke study found that individuals who volunteered after experiencing heart attacks reported reductions in despair and depression—two factors that have been linked to mortality in post-coronary disease patients.
- ◆ An analysis of longitudinal data found that individuals over 70 who volunteered approximately 100 hours had less of a decline in self-reported health and functioning levels, experienced lower levels of depression, and had more longevity.

“There is now a convergence of research leading to the conclusion that helping others makes people happier and healthier. So the word is out—it’s good to be good. Science increasingly says so”, said Dr. Stephen Post, a professor at the Case Western Reserve University School of Medicine. “This report brings more evidence that volunteering produces significant health benefits. “Civic Engagement and volunteering is the new hybrid health club for the 21st century that’s free to join”, say Thomas H. Sander, executive director of the Saguaro Seminar at Harvard University. Social capital research shows it miraculously improves both your health AND the community’s through the work performed and the social ties built”.

From: *The Corporation for National and Community service, May 7, 2007*

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News from North Marion Adult Center

Computer User Group meets the 1st Tuesday of every month at 6:30pm. **Mah Jongg** every Tuesday 1pm-4pm. **AARP Driver Safety Class** April 11 & 12th 1:00pm—5:00pm. There is a Senior Health Insurance Benefits Advisor (**SHIBA**) in Woodburn, trained to help people with insurance issues. Call Barbara Campbell at (503) 981-3109 for an appointment.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.



RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

Sue Speaks Her Mind

Its that time of the year! The **Wooden Shoe Tulip Festival** started March 25th and will continue thru May 1st. If you have not visited the tulip fields, now is the time to go. I volunteered at the Woodburn Chamber booth last year, and it was the only time I have spent at the Festival. I am going to volunteer again this year! It was unbelievable the amount of people who were there, and everyone had a smile on their face! If you are interested in volunteering, **they need volunteers**, call Kristin at the Chamber at 503-982-8221. A little history on the Festival. The Iverson family has been farming the ground for 60 years and this is their 26th Tulip festival. They started growing tulips in 1974, and they say that even before the festival began, they were awed by the beauty of the flowers. How wonderful of the family to open up their fields for the rest of us to be awed by the beauty of the tulips! Every weekend there are events planned, and there will be special events included on the weekends. That's when the crowds will be there. The Festival is open every day, so if you want to avoid the crowd and want to wonder through the fields, you might consider going during the week. The Festival hours are: 9am to 6pm, parking is \$5 during the week and \$10 on weekends. See you in the tulip fields!!



Please Help ...

Volunteers needed: Meals-on-Wheels is always in need of kitchen & dinning room help and drivers. Meals are home delivered, Monday-Friday . **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

***To age with
dignity and
with
courage
cuts close
to what it is
to be a real
person.***

Roger Kahn



Your Name: _____
 Telephone: _____ Location: _____
 Total Hours: _____ Month: _____ 2011
 Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Tuesday at the Woodburn Grange Hall. Sponsored by WAASP, benefits Senior programs in the community. Doors open at 12 noon, games start at 12:30. **BINGO at Cascade Park** the 4th Friday of the month. 2pm to 3pm. Door Prizes and cash to Bingo's.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC first Wednesday** of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the **last Tuesday & Thursday of the month**. 9am to 12 noon. \$20. Call 503-981-0033.

AARP Driver Safety Program is now located at **North Marion Adult Center**, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn. Classes will be held **April 11th & 12th 1:00am-5:00 pm** both days. Must call 503-981-3613 to register.

LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. See you **April 14th**, for **Animal Farm** by George Orwell. When animals at Manor Farm revolt against their master, Mr. Jones, their goal is to take over the farm and establish an ideal community based on hard work, honesty, and equality of all animals.



News From Salemtowne

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303.

Monday Afternoon Dance Every Monday from 1-3pm. Get your dancing shoes on and join the fun, with live music. No dance if holiday falls on a Monday.



AMONG FRIENDS Adult Day Respite Program. Are you caring for a family member or friend with Alzheimer's Disease or related dementia? Who's taking care of you? *Among Friends* Respite Program is now available for you. Take a break on Tuesday, Wednesday, and/or Fridays and do something for yourself. Respite care is temporary, short-term care for an individual with special needs. For information contact Evelyn Ostermann, Respite Coordinator, at Center 50+ 503-588-6303.

AQUATIC CENTER: Check the new **OUT & ABOUT** coming 2nd week in March for the new admission fees. You can also find information about the Aquatic Center on the web at www.woodburnaquatics.org

Lap Swim: Monday-Friday 5:30am-8pm

Saturday & Sunday 1-5pm

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15 am

DEEP WATER FITNESS Mon & Weds & Fri 8-9 am

DEEP WATER FITNESS M/W/F 8-9 AM **WATER WELLNESS** M/W/F 9:15-10:15am Tue/Thu 8-9am
Also Mon-Thu 6-6:55 pm



Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



KEIZER/SALEM AREA SENIORS CENTER
930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday April 2nd, 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am and Every Saturday night at 7pm. **Foot Clinic:** Thur. April 14th & 28th by appt. 503-390-7441. **AARP Driving Class** April 5th & 7th 11:30-3:30pm. Call to register 503-390-7441. **April 22nd DANCE** Celebrate Easter, starts at 9am. There will be a special **Dance & Potluck** Sunday April 17th Line Dance Workshop starts at 12pm \$5. Many activities during the week, call center for details 503-390-7441.



SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. **Lunch** served at 11:30am, Monday-Friday. All seniors 60 years and older. Suggested donation of \$3.00. Volunteers always needed. **Foot Clinic**, every Friday, 9am appt needed \$20. **Pancake Breakfast** Sat. April 16th \$4.00 **BINGO** every Friday 1:00pm



SENIORS RSVP IN ACTION

Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503-982-5255
Fax: 503-980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

Out & About is your guide for fall activities. Look for an exciting list of trips for active adults. **All trips leave from Settlemier Park parking lot.** Register for trips at the Aquatic Center or call 503-981-7946.

46th Annual Shell Show at OMSI & Mystery Lunch Discover the beauty of the ocean at the 46th annual Shell Show. Enjoy a wide variety of rare and beautiful shells from around the world, including conch, mollusk, oyster, and clam. Event is included with museum admission. Vendors selling shell merchandise. **Tuesday April 26 9:am-2pm.** \$20. includes transportation and admission; mystery lunch is on your own.

A Salute to Tony Bennett at the Broadway Rose Theatre Take a walk down memory lane in this jazzy new musical revue featuring the music that Bennett recorded over four decades including his best-known hit "I Left My Heart in San Francisco". Thursday, **May 5; 6:15pm-10:30pm** show time is 7:30pm. \$40. includes transportation and show tickets.



Who's on Third Sunday April 17th concert will feature John Nastari, a classical violinist. He will be performing compositions by Bach, Handel, Kreisler, MacDowell, along with many others. Concert is at the Woodburn UMC at 700 N. Cascade Dr. and is from 3-4:30pm. There will be refreshments and a freewill offering.



RSVP

Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

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Marion County Retired & Senior Volunteer Program
Sponsored by the City of Woodburn

